

Braces – Ceramic, Invisible, Metal:

What's The Difference? Does It Matter?

There are many reasons you may need braces. Teeth may grow in crooked or overlapping. The mouth can be too small and the teeth shift into crooked positions. Sometimes the upper jaw and lower jaw are not the same size. All of these problems go by one medical name: malocclusion, which means “bad bite.”

By visiting the dentist regularly, crowded or crooked teeth can be spotted early. If a dentist thinks you need braces, he will send you to see an orthodontist.

There are many choices available today for braces, and it can be

confusing. The type of braces you may get depends on a number of things:

- How bad your bite is
- How crooked your teeth are
- If you need to have teeth pulled
- If you need surgery on your jaws
- If you need special appliances
- The amount of time you will need to wear braces to fix your problems
- The dentist and orthodontist recommendations

Ceramic braces are very strong and do not stain. Ceramic braces usually cost more. Treatment can take a few months longer than metal braces.

“Invisible” braces are for people who do not have severe problems. If

you have a very bad bite or need to have teeth pulled, then you will need to wear traditional braces. Sometimes “invisible” braces can cost more than traditional braces. “Invisible” braces take as long as traditional braces for treatment. Also traditional braces may be needed for a few months even after “invisible” braces to correct certain problems.

Traditional metal braces can be silver or golden. Metal braces are very strong and can withstand most types of treatment. Metal braces usually cost less than other types of braces. Traditional metal braces usually take less time for treatment among all the types of braces.

Does TennCare Pay?

How bad your problem is will determine if you will qualify for full-banded braces under the TennCare program. TennCare members age 20 and under **may** qualify for braces if certain rules are met. If your back teeth come together for chewing, you will seldom qualify. Crowding alone is usually not a severe “bad bite,” in spite of looks. Your dentist can help you with questions about braces.

If you have TennCare, you have TENNderCARE (EPSDT) dental services until you become 21 years old. These services include **FREE** regular 6-month checkups, fluoride treatments and sealants.

If you have TennCare, call Doral Customer Service at 1-888-233-5935

Or visit the Website at www.doralusa.com for:

- help finding a dentist
- questions about your TennCare dental benefits
- help with interpretation and translation
- help with a ride to the dentist.

Just for You

801 Pine Street
Chattanooga, Tennessee 37402-2555
www.TeenHealthExplosion.com

Volunteer State Health Plan, Inc. (VSHP), BlueCare BlueShield of Tennessee, Inc. (BCBST) and BlueCare are independent licensees of the BlueCross BlueShield Association. VSHP is a licensed HMO affiliate of BCBST.

No one is treated in a different way because of race, color, birthplace, language, sex, age, religion or disability. Do you think you've been treated unfairly? Do you have more questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 1-866-311-4287. In Nashville, call 743-2000. This document is classified as public information.

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Have a hectic schedule? Do you find yourself grabbing food on the run? Fries, chips, cookies, candy bars, sodas?

With a hectic schedule, it's even more important to eat healthy foods. It's a great way to satisfy hunger AND get vitamins and nutrients your body needs.

A healthy snack can contribute to a healthy eating plan and give you the energy boost you need to get through

the day. Try these snack ideas, but remember to keep your portions small:

- fruit—any kind—fresh, canned, dried, or frozen
- peanut butter on rice cakes or whole-wheat crackers
- baked potato chips or tortilla chips with salsa
- veggies with low-fat dip
- string cheese, low-fat cottage cheese, or low-fat yogurt
- frozen fruit bars, fruit sorbet, or low-fat frozen yogurt

- vanilla wafers, graham crackers, animal crackers, or fig bars
- popcorn (air popped or low-fat microwave)

Did you know?

People who eat regular meals and healthy snacks are less likely to overeat and gain weight than people who skip meals or go for long periods without eating and then eat a large order of fries.

Sources: The National Institutes of Health and The Nemours Foundation

Free Services

As a BlueCare or TennCareSelect member, you can get the following free services:

- Information on FREE interpretation and translation services
- TENNderCare information in an audio or Braille format, if needed

- A ride (if you need one) to your doctor or health department Just call:
1-800-468-9698 if you are a BlueCare member
1-800-263-5479 if you are a TennCareSelect member. (If you are in foster care and need a ride to your doctor, call 1-866-311-4287.)

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 **VSHP**
Volunteer State Health Plan

Just for You

For BlueCare and TennCareSelect members under age 21

Pregnant?

According to a report released this year by the Tennessee Department of Health, more than 13,000 girls ages 10 to 19 became pregnant in Tennessee in 2006.

Do you know what to do if you become pregnant? Whether the pregnancy is planned or unplanned, or whether you are keeping the baby or putting it up for adoption, it is important to get prenatal care. This is special health care during pregnancy. It helps you and your baby to be healthy.

You should go to a doctor or your health clinic as soon as you think you are pregnant. TennCare will pay.

Check Us Out!

Have access to a computer? Be sure to check out our site just for teens: www.TeenHealthExplosion.com



Myth: Shaving hair will make it grow back darker and coarser.
Fact: The hair shaft tapers at the end. When you cut it, you're crossing the middle of the hair shaft, so it seems like it's thicker and more coarse. But, it's not. As it grows longer, it feels softer.

BlueCare®
TennCareSelect


TENNESSEE'S EPSDT PROGRAM

*Para información acerca de
TennCare in español,
llame al 1-866-311-4290.*

4th Quarter 2008

Get Checkup, Make Call;

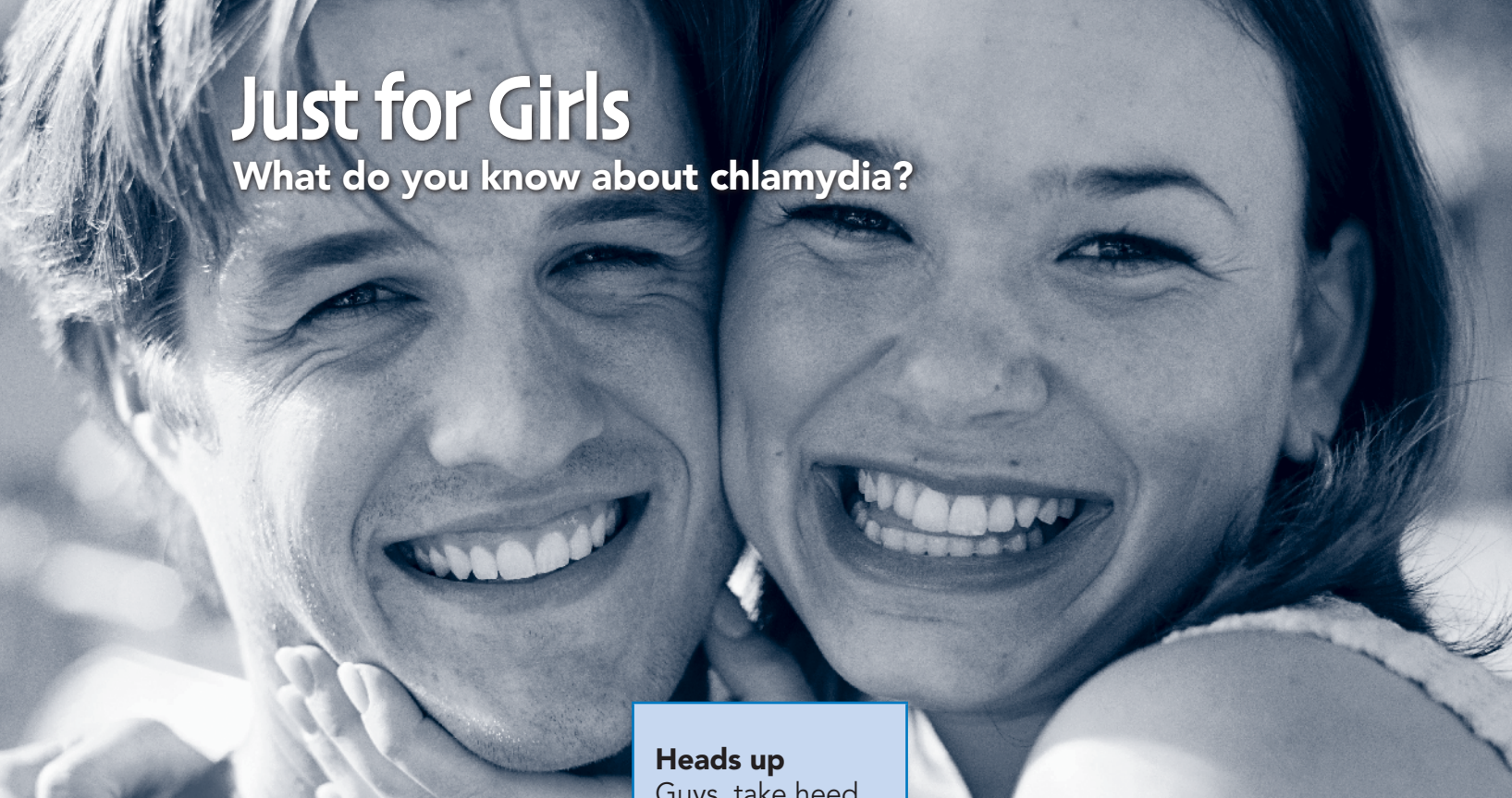
Have Chance to Win \$100 Gift Card

Keeping your body running in tip top shape is your reward for getting a well-care checkup every year. But now, you have the chance to win an extra reward -- a \$100 gift card from Wal-Mart! Imagine yourself on a free shopping spree! How fun is that?

How do you become eligible to win?

- Just get your TENNderCare well-care checkup from your doctor or health clinic before Dec. 31, 2008.
- Then call us at **1-800-333-3819** and let us know. Tell us when and where you received your well-care checkup and the name of the doctor who did your checkup.
- We'll put your name in the drawing for the gift card.

Remember, the checkup is **free** for TennCare members under the age of 21. A yearly checkup is important – even if you're feeling well.



Just for Girls

What do you know about chlamydia?

Heads up

Guys, take heed. Chlamydia can affect both women and men.

When is being ranked as one of the top 10 states not good? When the ranking concerns the number of reported cases of sexually transmitted diseases (STDs). In a report released earlier this year on 2006 STD cases, Tennessee ranked 9th among all the states for the highest number cases of chlamydia. This is one of the most common STDs. The Centers for Disease Control and Prevention estimates 2.8 million people are infected each year.

What is chlamydia?

It is a bacterial infection that you can get during vaginal, oral or anal sexual contact with an infected partner. However, in about 70 percent of persons infected, there are no symptoms. But it can still cause serious problems.

The infection, if severe, can prevent women from having a baby. Or it can cause newborn babies of infected mothers to be born with infections. It can also cause painful urination and yellowish discharge from the vagina or penis.

Mental Health Crisis Services

The Tennessee Mental Health Crisis Information Line is **1-800-809-9957**. You can call 24 hours a day, every day. This line is always open to anyone who is in crisis. When you call, you will speak with the closest crisis team. They can help you arrange to see someone right away. Someone is always on hand to answer questions and locate crisis services. If you are under age 18, you may be referred to the Mental Health

Crisis Services for Children and Youth.

Most mental health services are covered. There are also benefits for substance abuse care.

Remember, you can call BlueCare or TennCareSelect Customer Service to be sure that the doctor you want to visit is in network. When you go to a mental health clinic, be sure to say that you have TennCare benefits.

More Teens Than Ever with Type 2 Diabetes

Be active,
eat well and
lower your risk!

What once was thought of as a disease that just struck adults is now hitting more and more teens. The disease? Type 2 diabetes.

What is type 2 diabetes?

Diabetes means that blood glucose, also called blood sugar, is too high. Glucose comes from the food you eat and is needed to fuel your body. Glucose is also stored in your liver and muscles. Your blood always has some glucose in it because your body needs glucose for energy. An organ called the pancreas makes insulin. Insulin helps glucose get from your blood into your cells. Cells take the glucose and turn it into energy.

If you have diabetes, the pancreas makes little or no insulin or your cells cannot use insulin very well. Glucose builds up in your blood and cannot get into your cells. If blood glucose stays too high, it can damage many parts of the body such as the heart, eyes, kidneys, and nerves.

If you have type 2 diabetes, you may need to take insulin or pills to help your body's supply of insulin work better.

How can I lower my risk for getting type 2 diabetes?

There are several ways to lower your risk:

- Stay at a **healthy weight**.
- Be more **physically active**.
- Choose to eat the right amounts of **healthy foods**.



What puts you at risk?

You are at risk if you:

- are overweight
- don't get enough physical activity
- have a mom, dad, or other close relative who has type 2 diabetes
- are American Indian, Alaska Native, African American, Hispanic/Latino, Asian American, or Pacific Islander

FACT: Eating too much sugar DOES NOT cause diabetes.

Know the warning signs: If you have type 2 diabetes, you might:

- urinate a lot
- be very thirsty

- lose weight without any reason
- feel tired
- have patches of thick, dark skin that feels like velvet on your neck or under your arms

Some teens do not notice any of these warning signs. They find out they have diabetes when they go to their doctor for a checkup. That's why getting a checkup *every year* is important. Through the state's TENNderCare Program, checkups are free for TennCare members under the age of 21.

Source: National Institutes of Health

Just for Guys

Thumbs up for injury-free texting

Who would have thought it? Texting is not without health risks. Especially if you spend lots of time every day sending text messages exclusively with your thumbs. Or if you spend lots of time playing computer or hand-held games. You could develop repetitive stress injuries (RSI). This includes carpal tunnel syndrome, bursitis, tendonitis and many other conditions.

Repeated, uninterrupted motions can lead to painful swelling and inflammation of the overused soft tissues such as tendons and muscles. Over time, RSIs can cause temporary or permanent damage.

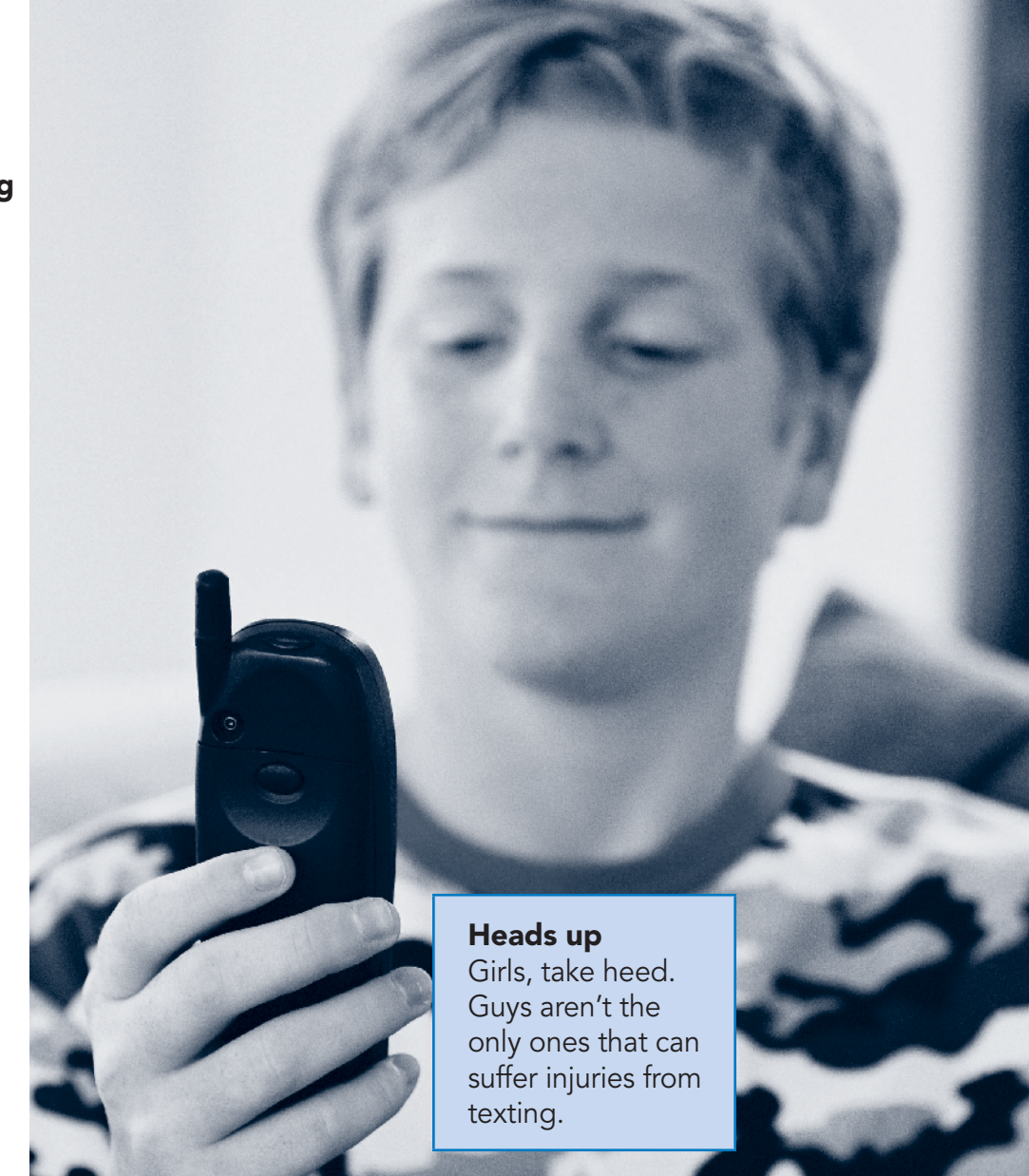
Treatment

Treatment usually includes reducing or stopping the motions that cause the painful symptoms. Options include taking breaks to give the affected area time to rest. Applying ice to the affected area may help reduce swelling. Your doctor may also suggest medicine for pain or inflammation.

Stretching exercises may also help. Take a look at these tips and suggested exercises from Virgin Mobile:

Tips

- If texting starts to hurt, stop. Use the other hand, or call instead.
- Vary the hand you use.
- Vary the digits you use.
- Don't text for more than a few minutes without a break.



Heads up

Girls, take heed. Guys aren't the only ones that can suffer injuries from texting.

Exercises

Stop these exercises if you feel any pain because you could do more harm than good.

- In your texting hand:
 - Tap each finger with the thumb of the same hand. Repeat 5 times.
 - Pull your thumb firmly with the other hand. Repeat 5 times.
 - Wrap an elastic band around the

tips of fingers and thumb and force apart. Repeat 20 times.

- With palms down, wrap an elastic band around each thumb and force apart. Repeat 20 times.
- Reach up high with both arms and shake your hands. Reach down low with both arms and shake. Repeat 3 times.

Source: National Institute of Neurological Disorders and Stroke

Sports Exam Notice

Earlier this year, the State Board of Education announced that 7th and 9th graders who planned to play school sports would need to get a complete well-care checkup, not just a sports exam. Although

this is still recommended, it is no longer required at this time.

Sports exams only take into account one part of a student's total health. A full well-care checkup, known as an EPSDT

checkup, also addresses social and emotional well-being.

Regardless of your grade in school or whether you play sports, you should get a **free** well-care checkup every year.